



DISEASE – COMMUNICATION SYSTEM OF GOD (PART 1)

Introduction to Root Cause - Ignorance

Compiled by: Pardeep

What is Disease?

- **Physical Perspective:**
- **Collins English Dictionary describes disease as:**
- **1. any impairment of normal physiological function affecting all or part of an organism, esp. a specific pathological change caused by infection, stress, etc., producing characteristic symptoms; illness or sickness in general.**
- **2. a corresponding condition in plants.**
- **3. any situation or condition likened to this: *the disease of materialism.***

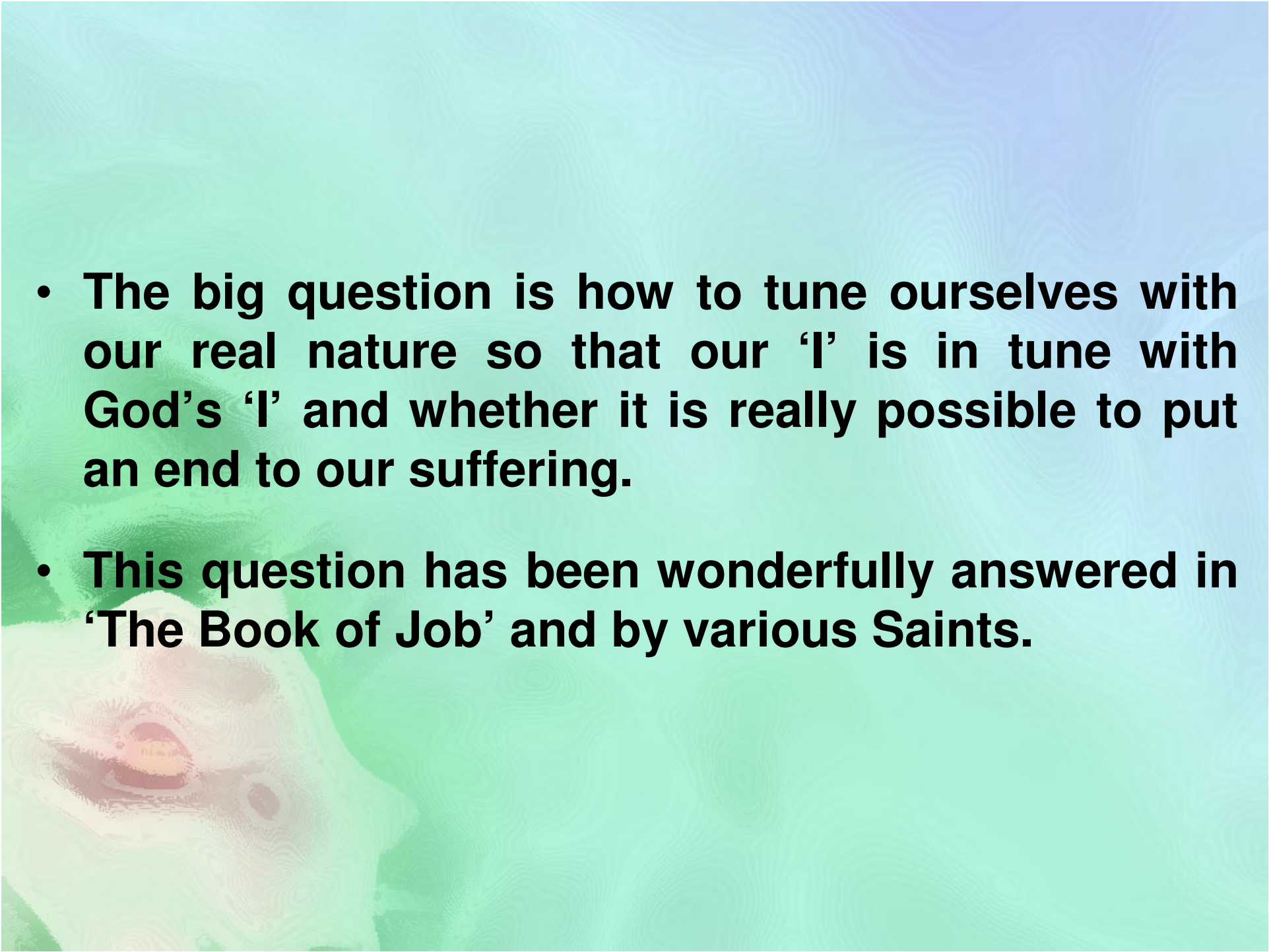
What is Disease?

- **Spiritual Perspective:**
- **We are soul, a part of God who has been described by Guru Nanak as One; Self-Existent and Self-Sufficient; Truth and the Creator of All; Fearless, Protective, Does Not Strike Fear; Kind; Timeless and Not Begotten; Infinite, Omni-Present and Omni-Potent.**
- **A part cannot have properties different from its Source. Our malady is that we do not exhibit any of the properties of our Source and we make no effort to ponder over this grievous situation.**

- **As a part we consider ourselves different from the Whole. We are not Self-Sufficient. We require Air, Water, Food, Clothing and Shelter for our survival.**
- **We are not Self-Existent. We require Light from Sun, Moon, Stars, Electricity or Lamp to sustain our existence.**
- **We are not aware of Truth. We are subject to change at every point of time and space.**
- **We are not fearless. Fear of unknown is always on our mind. To hide our own fear we strike fear upon others.**

- **We are not protective and kind to His creation.**
- **We are trapped in the capsule of time and space.**
- **We have limitations of physical body and senses. We have limited power which is contrary to Omni-potent property of our Source.**
- **We feel we are free to act and there is no one to judge our actions which is contrary to the Omni-present property of our Source.**
- **We cannot add to His Creation which is contrary to Creator of All property of our Source.**
- **We are totally oblivious of our real malady.**

- **This calls for a careful thought to our present state as a ‘part’.**
- **We shall realize that it is totally opposite to our true nature as a ‘Whole’.**
- **We are performing all actions as a ‘part’ in complete oblivion of our true nature and as a result our ‘I’ is totally out of tune with God’s ‘I’.**
- **As a part, we are in the wild pursuit of worldly objects hoping to satisfy ever-increasing insatiable desires. These desires are the root cause of all our sufferings.**

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- **The big question is how to tune ourselves with our real nature so that our ‘I’ is in tune with God’s ‘I’ and whether it is really possible to put an end to our suffering.**
 - **This question has been wonderfully answered in ‘The Book of Job’ and by various Saints.**

- Let us take up this discussion with references drawn partly from:
- The Bible – The Old Testament – The Poetical Books – JOB – The Debate
 - Followed in detail
- With a conversation on *manas rog* ‘ailments of mind’ between *Garuda* and sage *Kakbhushundi* as given by Saint Goswami Tulsidas Ji in *Uttarkand* of Ramcharitmanas (Ramayana – Hindu Epic).

The Book of Job

- **The Book of Job is an interesting debate about a man in the land of Uz, whose name was Job; and that man was blameless and upright, one who feared God, and turned away from evil.**
- **Job's integrity to God was unshakeable under trying circumstances but he lost his balance under the effect of company.**
- **The debate between the elders and Job is described in 30 verses and in Verse 31 Job asserts his integrity to God.**
- **Elihu reproves Job from Verse 32 onwards.**

The Book of Job - continued

- **Job had complained that God and he are not at the same level, so there cannot be any communication.**
- **In reply Elihu makes it very clear that God does communicate with man in more than one ways.**
- **The immediate first level of communication is at the 'eye center' i.e. 'third-eye' but as man's attention is always drawn out through the senses, he does not perceive what is communicated at that level.**

The Book of Job - continued

- **Man is given warnings in the dream state, which is semi-conscious state of the body and man does not apprehend what is communicated by God.**
- **God's primary concern is to keep back the soul from the Pit. So, the next level of communication is the physical body – our sensory world.**
- **At this level, man is given disease in requital of his iniquity because God does not want soul to carry heavy dross that man may sink further in the Bottomless Pit.**

The Book of Job - continued

- **When man continually and willfully draws out the life force in pursuit of physical world created out of the twin creative elements of earth and water, there is depletion of life force within the body that provides charge to the five creative elements in the form of five *pranic* currents.**
- **This depletion of life force to the five creative elements at respective operative centers of the body appears as disease.**
- **It is a communication from God that man should check his actions.**

- **Man remembers God in adversity and when disease appears, our attention is actually drawn in from the outside world to the point of pain within the body.**
- **This causes the depleted life force to get replenished or recharged by the central axis of light with attention drawn within the body.**
- **As soon as the operative system of body is recharged by the central axis of light due to nearness of attention drawn in from the outside world to the point of pain within the body, which was continually diffused by man in pursuit of matter; the disease disappears.**

- **And as soon as the disease disappears, man forgets God and continues with his iniquities.**
- **God has also provided relief by way of medical science so that man's soul does not suffer in spite of man's iniquity.**
- **Unfortunately, man fails to understand the real communication of God and he firms up his belief on the medicine or medical science as the real healer.**
- **Initially, the communication from God is in the form of minor disease and when man does not pay heed and continues with his iniquities, there is a major disease.**

- **Elihu further states that if by the grace of God, man is drawn to a fully realized duly authorized teacher, who accepts him as his disciple and explains to man what is right for him and the teacher assumes full responsibility of man and prays to God to accept him and when man prays as advised by his teacher, he is accepted by God and he comes into His presence with joy.**
- **The diseased state of man ends forever and he is led through the region of light to God.**
- **Redemption is not possible without a fully realized duly authorized living teacher of our time.**

Ailments of the Mind - Ramcharitmanas

- The 'Ailments of the Mind' and their remedy has been further explained by Saint Goswami Tulsidas Ji in the form of a conversation between *Garuda* and sage *Kakbhushundi* in *Uttarkand* of Ramcharitmanas.
- In the course of our ceaseless wanderings in the world, our mind is debased by numerous maladies which Tulsidas calls the 'ailments of the mind'.
- Our mind is attached to this world under the delusion of maya – illusion. This attachment – ignorance is the root of all its other ailments.

Now pay heed, my friend, to the ailments of the mind, from which all people suffer.

Moh - Ignorance is the root of all ailments, from which again arise many afflictions. (Verse 1 and 2)

- **The root cause for all diseases is ‘*moh*’ – ignorance. Our love and attachment for this world and continuous indulgence in our possessions and the desire to possess more pulls us back to this level of creation. We have to take birth again and again to fulfill our desires.**
- **We are unable to break this capsule of time and space. So we cannot recover our real property of being ‘timeless’ and ‘not begotten’.**

- This attachment is the root of all our other ailments. It is the mother of all diseases.
- Following Table outlines *Moh* – Ignorance as Root Cause and its Effect with suggested range for both.
- For example if there is disorder it is due to ignorance. Educate people and they will be orderly.
- Earth is a Big Karmic School and as human being we have the opportunity to refine our weaknesses. Refinement is a slow process and it requires 8 to 12 years of regular effort to overcome any weakness.

Root Cause

(1) *Moh* - Ignorance

- **Range**
- **Ignorance**
- **Delusion**
- **Hallucination**
- **Foolishness**
- **Bewilderment**
- **Stupefaction**
- **Infatuation**
- **Perplexity, Confusion**
- **Spiritual Ignorance**

Effect

All Diseases

- **Range**
- **Malady**
- **Disease**
- **Ailment**
- **Sickness**
- **Illness**
- **Disorder**
- **Affection**
- **Complaint,**
- **Infirmity, Affliction**

Ignorance – contd.

- ***Moh* – Ignorance has its origin at operative center Sacral, the seat of Creative Element Water (which provides five basic products – vital fluid, blood, fat, urine and saliva).**
- **It has range up to operative center Medullar. It covers our entire body and the effect is transmitted through blood.**
- **Operative center Sacral is the seat for Knowledge, Sex and Thirst (Desire). When man continually draws the life force or attention in these three, there is depletion of life force through this center.**

Ignorance – contd.

- **Actually body loses charge due to loss of electrons in acquiring knowledge, indulgence in sex and desires (thirst - vehement desire for or of glory, to crave for or after).**
- **This continuous depletion of charge at 6-petal sacral lotus deprives all higher lotuses of their quota of charge and it is reflected as disorder or disease or weakness right up to 4-petal lotus at medullar.**

Ignorance – contd.

- **Knowledge acquired through senses is intellect and we need this to operate in the world.**
- **Unfortunately use of intellect is not in line with the properties of our Source and we end up paying heavy price on our body.**
- **Indulgence in sex results in direct loss of life force as vital fluid which should be used only for propagation of soul.**
- **Its over-indulgence for pleasure will make all organs of the body weak due to heavy loss of charge.**

Comparison with Cosmos

- **Our body is a miniature model of the Cosmos. The entire universe is contained within us.**
- **Initially the creation itself was stationery. There were Suns, Moons and Stars in various Planetary Systems but no movement.**
- **We as soul paid attention to the creation and Life Force as charge with each soul was transferred to the creation.**
- **The planetary system came into motion which became more attractive and further drew our attention.**

Comparison with Cosmos – contd.

- **Over a period of time we lost our charge and became part of the created world which now runs on the charge provided by us.**
- **By loosing our original charge we have completely forgotten the real properties of our Source.**
- **We started experiencing the created world through senses and each one of us acquired properties commensurate with our experience.**

Weather Inside is the Weather Outside

- **As human being we are now on borrowed charge given to us by Grace of God so that we can remove the veil of Ignorance.**
- **On borrowed charge we do not have absolute free will and this compounds our problem.**
- **The creation that was set in motion by our original charge is now getting life and direction from our borrowed charge.**
- **Part has acquired properties of created world dominated by Lust, Anger, Greed, Attachment and Ego.**

Weather Inside is the Weather Outside – contd.

- We carry entire Cosmos within each one of us. Our inside is the world outside.**
- Being ignorant of the nature of our real Source, we are running this world as different parts.**
- This causes confusion and the effect is disorder and lack of trust all around.**
- Our world is now collective projection of the borrowed charge (laced with ignorance) transferred by us.**

Life Force and Five *Pranic* Currents

- Creative Power as Life Force activates our heart where it is diffused in five *pranic* currents.
- *Apan Prana* provides charge to Creative Element Earth at Coccyx and it regulates the smell, skeletal and excretory system of the body.
- *Vyan Prana* provides charge to Creative Element Water at Sacral and it regulates the taste, reproductive and communication system of the body.

Life Force and Five *Pranic* Currents

- ***Saman Prana*** provides charge to Creative Element Fire at Naval and it regulates sight, locomotion and digestive system of the body.
- ***Prana*** provides charge to Creative Element Air at Dorsal and it regulates touch, grasping power and manual skill.
- ***Udan Prana*** provides charge to Creative Element Ether at Cervical and it regulates sense of time, space, direction, sound and speech system of the body.

Ignorance – contd.

- Our attention is always drawn in possessions and the desire to possess more. This is one of the major source of loosing charge which causes depletion of life force at all operative centers of the body. As a result we face disease.**
- On borrowed charge as human being, we are clever in converting Life (100% consciousness) into Matter (0% consciousness).**
- Ignorance is thus the root cause of all diseases and a person should be willing to accept that he or she suffers from a malady which needs to be addressed at all costs.**

Ignorance – contd.

- **Saint Tulsidas Ji has therefore termed *moh* – ignorance as the mother of all diseases and in subsequent verses he goes on to explain the specific disorders or diseases or weaknesses that appear due to loss of charge at respective operative centers.**
- **But before we proceed further with this discussion, it would be better to understand the role of five creative elements in formation of our body and the cosmos. This follows in Part 2.**